

| Variable | Mean | SD | Min | Max |
|---------------------------|------|------|------|------|
| Age | 35.5 | 10.5 | 20 | 55 |
| Gender | 0.5 | 0.5 | 0 | 1 |
| Marital status | 0.5 | 0.5 | 0 | 1 |
| Education | 12.5 | 1.5 | 10 | 15 |
| Income | 3000 | 1500 | 1000 | 5000 |
| Health status | 0.5 | 0.5 | 0 | 1 |
| Exercise frequency | 2.5 | 1.5 | 0 | 5 |
| Stress level | 4.5 | 1.5 | 1 | 7 |
| Sleep quality | 3.5 | 1.5 | 1 | 6 |
| Work satisfaction | 4.0 | 1.5 | 1 | 6 |
| Life satisfaction | 5.0 | 1.5 | 1 | 7 |
| Depression score | 1.5 | 1.5 | 0 | 4 |
| Anxiety score | 1.0 | 1.0 | 0 | 3 |
| Loneliness score | 2.0 | 1.5 | 0 | 4 |
| Self-esteem score | 3.0 | 1.5 | 1 | 5 |
| Resilience score | 3.5 | 1.5 | 1 | 5 |
| Optimism score | 3.0 | 1.5 | 1 | 5 |
| Gratitude score | 3.0 | 1.5 | 1 | 5 |
| Forgiveness score | 3.0 | 1.5 | 1 | 5 |
| Compassion score | 3.0 | 1.5 | 1 | 5 |
| Kindness score | 3.0 | 1.5 | 1 | 5 |
| Patience score | 3.0 | 1.5 | 1 | 5 |
| Humility score | 3.0 | 1.5 | 1 | 5 |
| Modesty score | 3.0 | 1.5 | 1 | 5 |
| Generosity score | 3.0 | 1.5 | 1 | 5 |
| Charity score | 3.0 | 1.5 | 1 | 5 |
| Altruism score | 3.0 | 1.5 | 1 | 5 |
| Cooperativeness score | 3.0 | 1.5 | 1 | 5 |
| Teamwork score | 3.0 | 1.5 | 1 | 5 |
| Leadership score | 3.0 | 1.5 | 1 | 5 |
| Communication score | 3.0 | 1.5 | 1 | 5 |
| Conflict resolution score | 3.0 | 1.5 | 1 | 5 |
| Problem-solving score | 3.0 | 1.5 | 1 | 5 |
| Decision-making score | 3.0 | 1.5 | 1 | 5 |
| Time management score | 3.0 | 1.5 | 1 | 5 |
| Organization score | 3.0 | 1.5 | 1 | 5 |
| Productivity score | 3.0 | 1.5 | 1 | 5 |
| Efficiency score | 3.0 | 1.5 | 1 | 5 |
| Quality score | 3.0 | 1.5 | 1 | 5 |
| Quantity score | 3.0 | 1.5 | 1 | 5 |
| Consistency score | 3.0 | 1.5 | 1 | 5 |
| Reliability score | 3.0 | 1.5 | 1 | 5 |
| Integrity score | 3.0 | 1.5 | 1 | 5 |
| Honesty score | 3.0 | 1.5 | 1 | 5 |
| Trustworthiness score | 3.0 | 1.5 | 1 | 5 |
| Accountability score | 3.0 | 1.5 | 1 | 5 |
| Responsibility score | 3.0 | 1.5 | 1 | 5 |
| Commitment score | 3.0 | 1.5 | 1 | 5 |
| Dedication score | 3.0 | 1.5 | 1 | 5 |
| Passion score | 3.0 | 1.5 | 1 | 5 |
| Enthusiasm score | 3.0 | 1.5 | 1 | 5 |
| Energy score | 3.0 | 1.5 | 1 | 5 |
| Motivation score | 3.0 | 1.5 | 1 | 5 |
| Drive score | 3.0 | 1.5 | 1 | 5 |
| Initiative score | 3.0 | 1.5 | 1 | 5 |
| Proactivity score | 3.0 | 1.5 | 1 | 5 |
| Anticipation score | 3.0 | 1.5 | 1 | 5 |
| Preparation score | 3.0 | 1.5 | 1 | 5 |
| Planning score | 3.0 | 1.5 | 1 | 5 |
| Organization score | 3.0 | 1.5 | 1 | 5 |
| Structure score | 3.0 | 1.5 | 1 | 5 |
| Order score | 3.0 | 1.5 | 1 | 5 |
| Neatness score | 3.0 | 1.5 | 1 | 5 |
| Cleanliness score | 3.0 | 1.5 | 1 | 5 |
| Hygiene score | 3.0 | 1.5 | 1 | 5 |
| Health score | 3.0 | 1.5 | 1 | 5 |
| Wellness score | 3.0 | 1.5 | 1 | 5 |
| Balance score | 3.0 | 1.5 | 1 | 5 |
| Harmony score | 3.0 | 1.5 | 1 | 5 |
| Peace score | 3.0 | 1.5 | 1 | 5 |
| Tranquility score | 3.0 | 1.5 | 1 | 5 |
| Calming score | 3.0 | 1.5 | 1 | 5 |
| Soothing score | 3.0 | 1.5 | 1 | 5 |
| Relaxing score | 3.0 | 1.5 | 1 | 5 |
| Comforting score | 3.0 | 1.5 | 1 | 5 |
| Reassuring score | 3.0 | 1.5 | 1 | 5 |
| Encouraging score | 3.0 | 1.5 | 1 | 5 |
| Supportive score | 3.0 | 1.5 | 1 | 5 |
| Helpful score | 3.0 | 1.5 | 1 | 5 |
| Useful score | 3.0 | 1.5 | 1 | 5 |
| Practical score | 3.0 | 1.5 | 1 | 5 |
| Functional score | 3.0 | 1.5 | 1 | 5 |
| Effective score | 3.0 | 1.5 | 1 | 5 |
| Successful score | 3.0 | 1.5 | 1 | 5 |
| Accompl | | | | |

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Application Information

Representative Information

| | |
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Continuity Information

This application claims priority to:

>Application One: U.S. Provisional Application Serial No.

Filing Date:

This application is a: continuation of: PCT

>Application Two: AU00/00053

Filing Date: 1 February 2000

U.S. Patent No.: [if it has been issued as a U.S. Patent]

Which is a: continuation] [continuation-in-part] of:

Prior Foreign Applications

Foreign Application One: PP8448

Filing Date: 1, February, 1999

Country: Australia

Priority Claimed: Yes

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